

Nước mắm nào Ngon và Nên Dùng?

Tóm lược bài: [Fish Sauce Taste Test, 13 Brands Compared.](#)

Các hiệu nước mắm:



Xếp Hạng

Red Boat 40°N	★★★★★★	Viet Huong Flying Lion	★★★★☆
Red Boat 50°N	★★★★★★	Flying Horse	★★★★☆
New Town 60°N	★★★★★	MegaChef 30°N	★★★★☆
Tiparos	★★★★☆	Huong Vi Viet	★★★☆☆
Shrimp and Crab	★★★★☆	Golden Boy	★★☆☆*
Viet Huong Flying Lion	★★★★☆	Three Crab	★☆☆☆☆
Flying Horse	★★★★☆	Squid	★☆☆☆☆
MegaChef 30°N	★★★★☆	Blis (excluded)	★★★★★★

I. Thắng Cuộc: Ngon Nhất



Red Boat 40°N — *Phu Quoc, Vietnam* — \$6.95 (500 mL)

- *Salt Level:* **Medium-High**
- *Ingredients:* **Anchovy, Sea Salt**
- *Protein:* **4g Protein per 1 Tbsp**

II. Nên Mua về ăn:



Red Boat 50°N — *Phu Quoc, Vietnam* — \$8.00 (80 mL)

- *Salt Level:* **Medium-High**
- *Ingredients:* **Anchovy, Sea Salt**
- *Protein:* **4g Protein per 1 Tbsp**



New Town 60°N — *Vietnam* — \$5.95 (500 mL)

- *Salt Level:* **Medium**
- *Ingredients:* **Fish, Salt, Water**
- *Protein:* **1g Protein per 1 Tbsp**
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III. Rẻ Mà Ngon:



Tiparos — *Thailand* — \$1.49 (725 mL)

- *Salt Level:* **High**
- *Ingredients:* **Water, Anchovy Extract, Salt, Sugar**
- *Protein:* **2g Protein per 1 Tbsp**

IV. Ăn Được Thôi, Không Ngon Lắm:



Shrimp & Crab — *Thailand* — \$2.99 (725 mL)

- **Salt Level: High**
- **Ingredients: Anchovy Extract, Water, Salt, Fructose, Hydrolysed Wheat Protein**
- **Protein: 2g Protein per 1 Tbsp**

V. Không Nên Mua về Ăn:



Viet Hung Flying Lion — *Hong Kong* — \$3.89 (750mL)

- **Salt Level: Medium**
- **Ingredients: Anchovy Extract, Water, Salt, Fructose, Hydrolysed Vegetable Protein**
- **Protein: 2g Protein per 1 Tbsp**



Flying Horse — *Thailand* — \$1.29 (750 mL)

- **Salt Level: Medium**
- **Ingredients: Water, Anchovy Extract, Salt, Sugar**
- **Protein: 3g Protein per 1 Tbsp**



MegaChef (30°N) — *Thailand* — \$2.95 (700 mL)

- **Salt Level: Medium-High**
- **Ingredients: Anchovy, Sea Salt, Sugar, Fructose**
- **Protein: 3g Protein per 1 Tbsp**



Huong Vi Viet Brand — *Vietnam* — \$2.95 (750 mL)

- *Salt Level: Low*
- *Ingredients: Anchovy Fish, Salt, Fructose, MSG, Caramel Color, Potassium Sorbate*
- *Protein: 1g Protein per 1 Tbsp*



Golden Boy — *Thailand* — \$2.49 (725 mL)

- *Salt Level: High*
- *Ingredients: Anchovy Fish, Salt, Sugar*
- *Protein: 2g Protein per 1 Tbsp*



Three Crabs — *Hong Kong/Thailand* — \$2.59 (700 mL)

- *Salt Level: Low*
- *Ingredients: Anchovy Extract, Salt, Water, Fructose, Hydrolysed Vegetable Protein*
- *Protein: 2g Protein per 1 Tbsp*



Squid — *Thailand* — \$1.49 (750 mL)

- *Salt Level: High*
- *Ingredients: Fish, Salt, Water*
- *Protein: 2g Protein per 1 Tbsp*